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1/30/85, 5:30- 6:20 pm - CATO, QUAN YIN, Q & A PERSONAL

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Heavenly Father, as we gather together once again, we ask your Divine light to come forward to surround and fill us, to guide and protect us. We ask also that the Holy Spirit come forward at this time and lift us into the Divine consciousness of our souls, begin our upliftment process towards liberation and full at-onement, and at-oneness with thee. Guide us upon our paths as we walk daily, may we shed our light unto the world that those who are touched by it, might be lifted up as well; and we pray as well for the entire world and for all of humanity that your grace and your love come forward each day and lift the hearts and minds of all so that peace and love and light might dwell more upon this earth, that men's goals will be for their own upliftment and the upliftment of others, that all might strive to bring harmony and peace upon this earth by striving to be peaceful within themselves and to share that peace with all they come in contact with.

We pray too at this time for Mother Earth and we ask that in your own way a special healing be manifested according to your will, according to your time. Look upon her with grace and love, and healing for truly she is an ailing being at this time in your universe and she needs your upliftment, she needs your help. Work through the consciousness of mankind to begin the healing process. We ask that these things be done according to your time plan and for the greatest good of all for we know that all within the universe is God in manifestation seeking the inner knowing of self, and all unfolds in time. We only wish to maintain that path toward God-realization and to keep the energies from being dispersed in areas of ignorance, and to keep humanity and the earth itself from being distracted off the path of final liberation and illumination in you, our Father.

So as we come together again, we join together in coming forth with our love unto you that we might be of service in some way to fulfill your will, your love, your way. As we depart this grounds over the next few days, let us take with us that Divine spark that has shown forth its light within each of us and help us to remember your Divine presence at all times, that we might in some way focus that light, share that light, and be that light wherever we go. Help us to maintain that which we have received and to move forward in yet a greater consciousness. These

happening right now when you move yourself out of the limitations of time. So live in that perfection that already is, live in the glory that is God in you realized. True, there may be days when it will not seem so easy and God will seem very distant, but there will be days too when he is very close, and warm, and filling of your being. Live each day to the fullest, fulfill as much as you can - learn and grow as much as you can, and then move forward to the next day, to the next realization.

One day you will awaken to that reality that is God within you and now let me point out a pathway to God, a pathway out of the circles of karma and of past lives, and of present lives, and future lives - the cycle of reincarnation.

You have to go within and practice some level of meditation or spiritual exercise, or contemplation. In order to go beyond the levels of the physical universe, you have to go within for that is where God resides. Until you begin to do this, and you call out unto God to lift and bring you into his grace, you will walk the paths of many lives, and you will struggle to fulfill your karmic burden. So go within, and even though you may sit there for an hour and feel nothing whatsoever, see nothing, hear nothing, learn nothing - in that nothingness, there is much happening. The God within you is awakening and you are becoming realized in him.

This is how you know God is to release all that is here and enter into the nothingness which ultimately will become the God within you. Each of you here are searching for a path and this is why I have come forward at this time as a representative of the Lords of Karma. For each of you are striving to break the burdens and the attachments that karma holds on you. To do that you must enter a spiritual path of some form, and follow a teaching that will lead you to liberation.

John Roger is one who does this. Charn Sing, and Darshan Sing are individuals in India that do this. There are others throughout the world, but they are few in number. Reach out and study the different philosophies of liberation that are available to you today. Study them and find the one that you feel comfortable with, and then follow it to the end. Follow it to liberation. Once you step upon that path, continually walk it. Sure question the things that come up, question the

teachings, challenge them, find out how they work, why they work, if they work and when you find out-use it. Use it to your own advantage, to your own liberation. That is why it is there, and that is why it is presented. We cannot tell you which path to follow, for we cannot dictate to you the path you must choose. You must choose it. We will walk it with you. We will shore up the sides of the path, so that the shoulder is strong and you will not fall off the path, and if you do, for whatever reason, we will be there to help you get back on once again. If you stumble we will be there to help you up, and if you lose your way and cannot find the light for whatever reason, we will be there to show you the way back into the light of grace again. That is why we are here now.

There have been times that you have stumbled, there are times that you have fallen off the path, there have been times that you have turned the wrong way into darkness rather than light, we have always been there. Sometimes on unconscious levels we have worked with you, and other times we have worked with you on a conscious level. It matters not whether you are aware of it or not, what matters is your response to that which we offer. Because of your responses of the past and of the present, we are here consciously now dealing with you in conscious ways as well as unconscious ways. It is up to each of you to find the path, to choose it and to walk it; and know that we are there ever working with you as will be your spiritual teacher that you have chosen.

On all levels of life we will be reaching out to uplift, to balance, to bring light and liberation. This is the message that I bring to you tonight, this is the message the Lords of Karma and the Council members offer to you this lifetime. Meditation, study, and service is the path back to God. Meditation is the key. It is Number 1. If you meditate and follow that inner path, you will be free and then liberated in God.

At this time, I release back to Cato once again for I know there are questions to be asked, and I am sure he will be most grateful in sharing in any way he can

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what knowledge he has to share with you. So until next I come forward, I and the Lords of Karma are present in every moment working diligently to free you, but you must free yourself - work, pray and meditate to find that freedom...